

Variable	Severe Airflow Obstruction	ALI/ARDS: ARDS Network Strategy	ALI/ARDS: Alternative Strategies
FiO <sub>2</sub>	To achieve SpO <sub>2</sub> = 88%-93% or PaO <sub>2</sub> = 55-80 mm Hg	To achieve SpO <sub>2</sub> = 88%-93% or PaO <sub>2</sub> = 55-80 mm Hg per PEEP-FiO <sub>2</sub> Table	To achieve SpO <sub>2</sub> = 88%-93% or PaO <sub>2</sub> = 55-80 mm Hg
Mode of ventilation	Varies	Assist control	Assist control
Pressure or volume	Either	Volume	Pressure
Target V <sub>T</sub>	<8 mL/kg PBW <sup>a</sup>	6 mL/kg PBW	6 mL/kg PBW
Total rate, breaths/min	Low (10-12)	25, ↑ to 35 if needed	25, ↑ to 35 if needed
I:E target	1:5	1:2 to 1:1	1:3 to 3:1
PEEP	Minimal <sup>b</sup>	Modest, use PEEP-FiO <sub>2</sub> <sup>c</sup>	More aggressive, use PEEP-FiO <sub>2</sub> <sup>c</sup>
Target P <sub>plat</sub>	<30 cm H <sub>2</sub> O	<30 cm H <sub>2</sub> O	<40 cm H <sub>2</sub> O
Recruitment maneuvers	No	No	Yes, after ventilator disconnection
Sedation/NMB	Yes, sufficient to prevent tachypnea, avoid NMB if possible	Yes	Yes (less sedation if Bilevel mode used)
Permissive hypercapnia	OK, Pco <sub>2</sub> may be very high	OK, pH > 7.3	OK, pH > 7.3

NMB = neuromuscular blockade; SpO<sub>2</sub> = saturation by pulse oximetry. Adapted with permission from *ACCP Pulmonary Medicine Board Review*. 25th ed. Northbrook, IL: American College of Chest Physicians; 2009.

<sup>a</sup> PBW in kg: male = 50 + 2.3 × (height in inches - 60), female = 45.5 + 2.3 × (height in inches - 60).

<sup>b</sup> Consider adding PEEP if significant auto-PEEP is present and there is ↑ WOB from failure to trigger dyssynchrony. PEEP should be set approximately 2 cm H<sub>2</sub>O below auto-PEEP.

<sup>c</sup> See Table 5.